



## Reach Out and Read Colorado: Birth – 6 Months

***Right from birth, babies are listening, looking, and learning. So find - and enjoy - these everyday moments when you talk, read, sing, and play together with your baby.***

**You can encourage caregivers to do the following at each visit:**

### **One-Month Visit**

- Reading books that they remember from when they were little.
- Having "conversations" with their baby, reacting to their sounds and interactions with them. For example, asking their baby what's wrong and why are they crying. "Are you hungry?"
- Naming the expressions they notice on their baby's face. For example, if their baby happens to smile, they can mention how beautiful that smile is.

### **Two-Month Visit**

- Singing a lullaby. What songs do caregivers remember from their childhood? What are their favorite songs now?
- Noticing what seems interesting to their baby and talking about it. Is it the lights on the ceiling? Their baby's hands? A shadow on the wall? Encourage caregivers to name and describe the things that they see.
- Taking turns vocalizing back and forth is the way babies learn to talk. Making reading aloud with their baby a part of their routine during naptime or bedtime.

### **Four-Month Visit**

- Sing, play silly games, and make faces and noises.
- Smile, laugh and talk during diaper changes.
- Have more "conversations" with the infant.
- Imitate babbling. There is no "incorrect way" to talk to a baby.